

Semester Exam

Health Education

Chapter 1 – Understanding Health and Wellness

1. 6 characteristics of people who are mentally and emotionally healthy.
 - Accept responsibility for their actions.
 - Enjoy challenges that help them grow.
 - Have a sense of control over their lives.
 - Can express emotions in appropriate ways.
 - Can deal with life's stress and frustrations.
 - Make thoughtful and responsible decisions.

Chapter 1 - continued

2. Define wellness and how it relates to your health triangle.

- Wellness – overall state of well-being or total health.
- All three sides of the triangle must be balanced.

Chapter 1 - continued

3. Explain the meaning of a health continuum and what type of affliction has a negative impact on your continuum.

- Continuum – sliding scale that ranges from premature death to high level of health.
- Chronic disease.

Chapter 1 - continued

4. 4 factors that are components of a healthy environment.

- Neighborhood and school safety.
- Air and water quality.
- Availability of parks, recreational facilities, and libraries.
- Access to medical care.

Chapter 1 - continued

5. Give an example of positive peer pressure.

- If another student asks you to join a club or try out for a team.

Chapter 2 – Taking Charge of Your Health

1. Define comparison shopping.
 - Judging the benefits of different products by comparing several factors.
2. What is the primary purpose of commercials that advertise health products?
 - To sell particular products.

Chapter 2 - continued

3. Give an example of the advertising technique Testimonial. What is the hidden message.

- People for whom a product has worked.
- It worked for them, so it will work for you, too.

Chapter 2 - continued

4. Define malpractice.

- Failure by a health professional to meet accepted standards.

5. Define warranty.

- A company's or a store's written agreement to repair a product or refund your money if the product doesn't function properly.

Chapter 3 – Mental and Emotional Health

1. Explain what it means to have a sense of belonging.

Feeling close to family members, friends, teachers, and others that provide you with support.

Chapter 3 - continued

2. Give several examples of how a teen can improve their self-esteem.

- Choose friends that value and respect you.
- Focus on positive aspects about yourself.
- Replace negative self-talk with positive self talk.
- Accomplishment over perfection.

Chapter 3 - continued

- Mistakes are learning opportunities.
- Try new activities.
- Write down goals.
- Exercise regularly.
- Volunteer.
- Accept the things you cannot change.

Chapter 3 - continued

3. Define self-talk.

- The encouragement or criticism you give yourself.

4. Traits of Good Character – responsibility.

- Use self control, think before you act, consider the consequences, accountable for choices and decisions, and you don't blame others for your actions.

Chapter 3 - continued

5. Traits of Good character – citizenship.
 - Advocate for a safe and healthy environment, take an interest in the world around you, obey rules and laws, and show respect for authority.

Chapter 4 – Managing Stress and Coping with Loss

1. Give an example of positive stress.
 - Pressure to do well can motivate you to work harder.
2. Why is important to identify the cause of your stress?
 - So you can learn to manage it or avoid it altogether.

Chapter 4 - continued

3. Explain what happens to the body during the fatigue stage of the alarm response.
 - Body loses the ability to adapt, you begin to tire and lose the ability to manage other stressors effectively.

Chapter 4 - continued

4. Avoid and Limiting Stress – define refusal skills.

- Decide if you have time for a new activity before accepting.
- If the new activity will cause you stress, learn to say no.

Chapter 4 - continued

5. 3 ways to avoid and limit stress.

- Use refusal skills.
- Plan ahead.
- Think positively.

Chapter 5 – Mental and Emotional Problems

1. What steps should you take if you think a friend is showing signs of depression?
 - Discuss concerns with someone you trust.
2. Define anxiety disorder and give 5 examples of different anxiety disorders.
 - Anxiety disorder – a condition in which real or imagined fears are difficult to control.

Chapter 5 - continued

- Phobia.
- Obsessive-compulsive disorder.
- Panic disorder.
- Post-traumatic stress disorder.
- Generalized anxiety disorder.

Chapter 5 - continued

3. What step might be taken in order to prevent cluster suicides?

- Provide all students with counseling and support.

4. List several examples of the warning signs of suicide.

Chapter 5 - continued

- Direct statements – I wish I were dead.
- Poems that deal with death.
- Direct or indirect suicide threats.
- Unusual obsession with death.
- Withdrawal from friends.
- Dramatic change in personality and appearance.

Chapter 5 - continued

5. Explain the difference between a psychologist and a psychiatrist.
 - A psychiatrist can prescribe medication.

Chapter 7 – Family Relationships

1. Promoting Physical Health – explain teaching health skills.
 - Parents teach the skills you need to control your own behavior.
 - Basic safety skills, such as wearing a helmet when you ride a bike.
 - Encouraged you to develop healthy habits.

Chapter 7 - continued

2. Define affirmation and give an example of how to provide affirmation.

- Positive feedback that helps others feel appreciated and supported.
- Recognize your need to feel valued by celebrating your achievements.

Chapter 7 - continued

3. Define spousal abuse – domestic violence or any other form of abuse directed at a spouse.
4. Define cycle of violence – pattern of repeating violent or abusive behaviors from one generation to the next.

Chapter 7 - continued

5. Define single-parent family.

- Families with one parent caring for one or more children.

Chapter 9 – Resolving Conflicts and Preventing Violence

1. 6 common causes of conflict.

- Power struggles
- Personal loyalties
- Jealousy and envy
- Property disputes
- Conflicting attitudes and values
- Lack of respect

Chapter 9 - continued

2. 3 ways to prepare for negotiations.

- Choose the time and place carefully.
- Check your facts.
- Plan what you will say.

Chapter 9 - continued

3. Define mediation – bringing in a neutral third party to help others resolve their conflicts peacefully.
4. Define peer mediation – process in which specially trained students help other students resolve conflicts peacefully.

Chapter 9 - continued

5. Define violence – the threatened or actual use of physical force or power to harm another person or to damage property.

Chapter 10 – Nutrition for Health

1. List several diseases that are associated with being overweight.
 - Cardiovascular disease
 - Stroke
 - Certain cancers
 - Osteoporosis

Chapter 10 - continued

2. Which nutrient helps maintain healthy skin and hair?

- Fats

3. Explain how a person maintains their weight?

- Balance the energy in the foods you eat with regular physical activity.

Chapter 10 - continued

4. In order to claim a food as a “good source of”, what must it contain?

- Food must provide 10 to 19 percent of the daily value for a vitamin, mineral, protein, or fiber.

5. What is the most dangerous type of allergic reaction to food?

- Anaphylaxis

Chapter 11 – Managing Weight and Eating Behaviors

1. 5 tips for managing weight.

- Target a healthy weight.
- Set realistic goals.
- Personalize your plan.
- Put your goals and plans into writing.
- Evaluate your progress.

Chapter 11 - continued

2. If a person increases muscle mass, what happens to the amount of calories they burn while at rest.
 - The amount of calories increases.
3. How does a person incorporate their favorite food into a healthy eating plan?
 - Moderation

Chapter 11 - continued

4. Be prepared to calculate how many calories are burned shoveling snow if 65 calories are burned every 10 minutes.
5. What can a person do to improve their body image?
 - Accept yourself the way you are.
 - Talk to a trusted adult.
 - Participate in regular physical activity.

Chapter 12 – Physical Activity and Fitness

1. List several benefits of being physically active on most days.
 - Strengthen muscles and bones.
 - Boost energy level.
 - Maintain a healthy weight.
 - Reduce the risk of many serious diseases.

Chapter 12 - continued

2. What is the most important element to building cardiorespiratory endurance?
 - Aerobic exercise.
3. What type of exercise is for helping to lower your risk of osteoporosis?
 - Weight-bearing.

Chapter 12 - continued

4. In reference to planning a workout, what is overload?
 - Increasing the demands on your body will make it adapt and grow stronger.
5. List the steps in the P.R.I.C.E procedure.
 - Protect, rest, ice, compression, and elevation.

Chapter 17 – The Beginning of the Life Cycle

1. During a healthy pregnancy, where does implantation occur?
 - Uterus.
2. How many layers of tissue form the developing embryo?
 - Three.

Chapter 17 - continued

3. If a woman is in her third trimester of pregnancy, when can she expect to give birth?
 - In three months or less.
4. During which trimester does the fetus begin to blink its eyes?
 - Second trimester.

Chapter 17 - continued

5. Which food should pregnant women avoid?
 - Swordfish.

Chapter 19 – Medicines and Drugs

1. Antibiotics are used to fight against this type of infection?
 - Bacterial.
2. Define analgesic – pain relievers.
3. 4 ways to take medicines, include examples.

Chapter 19 - continued

- Oral medicines – tablets, capsules, or liquids.
- Topical medicines – applied to the skin.
- Inhaled medicines – delivered in a fine mist or powder.
- Injected medicines – delivered through a shot.

Chapter 19 - continued

4. Define side effects – reactions to medicines other than the ones intended.
5. Define tolerance – a condition in which the body becomes used to the effect of a medicine.

Chapter 20 - Tobacco

1. List the short term effects of tobacco.
 - Brain chemistry changes.
 - Respiration and heart rate increases.
 - Taste buds are dulled and appetite reduced.
 - Bad breath, yellow teeth, and smelly hair, skin, and clothes.

Chapter 20 - continued

2. List the long term effects of tobacco.

- Chronic bronchitis.
- Emphysema.
- Lung cancer.
- Coronary heart disease and stroke.
- Weakened immune system.

Chapter 20 - continued

3. List the factors that contribute to reduced teen tobacco use.
 - Tobacco legislation.
 - No-smoking policies.
 - Family values.
 - Positive peer pressure.
 - Health risks.

Chapter 20 - continued

4. List the strategies that can help a person stop smoking.
 - Prepare for the quit day.
 - Get support and encouragement.
 - Access professional health services.
 - Replace tobacco use with healthy behaviors.

Chapter 20 - continued

5. What is the only way to fully protect people from ETS?
 - Ban smoking in public places.

Chapter 22 – Illegal Drugs

1. Which sides of the health triangle are affected by drug abuse?

- All three sides

2. What health problems might female marijuana smokers face?

- All the same risks as tobacco smokers
- Infertility

Chapter 22 - continued

3. List the dangers of stimulant drugs.

- Speed up the central nervous system.
- Highly addictive.

4. Which opiate drug is often used in prescription cough medicine?

- Codeine

Chapter 22 - continued

5. Define drug free school zones – areas within 1,000 to 1,500 feet of schools and designated by signs, within which people caught selling drugs receive especially severe penalties.

Chapter 27 – First Aid and Emergencies

1. List the steps in the P.R.I.C.E procedure.
 - Protect
 - Rest
 - Ice
 - Compression
 - Elevation

Chapter 27 - continued

2. In what situation is CPR needed.

- When a person is unconscious and not breathing.

3. What first aid is administered for minor burns?

- Run affected area under cool water.

Chapter 27 - continued

4. List several universal precautions.

- Wearing sterile gloves.
- Washing hands immediately after providing first aid.
- Using a mouth piece when performing rescue breathing.

Chapter 27 - continued

5. During which emergency situation would you most likely need an emergency survival kit?
 - An emergency where you may need to evacuate your home.